

LET'S DO THE HAPPY DANCE!

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If momma ain't happy - ain't nobody happy.

If the teacher's not happy, how are those children going to be happy?

Sometimes you just have to fake it until you feel it!

WHY SING AND DANCE?

- The brain likes to move and sing!
- Music emits endorphins which make you happy.
- Active learning where multiple senses are used means more pathways to the brain.
- Songs and movement activities provide "brain breaks" and reinforce skills at the same time.
- Tunes and dances nurture self-regulation.
- IT'S ALL GOOD! Music is a universal language where all children can feel successful.

Feeling Fine

I'm in right, (Hold up both index fingers and point to chest.)

Out right, (Point out with index fingers.)

Up right, (Reach up high.)

Down right, (Stoop down low.)

And I'm feeling fine. (Turn around in a circle.)

I'm in right, out right, up right, down right, and I'm feeling fine.

I eat the food that's good. (Pretend to feed self with a spoon.)

And exercise like I should. (Run in place.)

That's why I'm in right, out right, up right, down right,
and I'm feeling fine.

Twinkle Friends

Twinkle, twinkle, little star. (Children face partner and touch

What a special friend you are. fingers gently in the air.)

From your head to your toes, (Point to head and then toes.)

We are special friends you know. (Hold hands and circle around.)

Twinkle, twinkle, little star, (Gently touch fingers to partner.)

What a special friend you are. (Hug friend.)

Now go find another friend (Children walk around the room

And we'll twinkle once again. and find another friend.)

ABC Kick Box

Let's all jump up and kick box the alphabet. (Dukes up, shoulders back, elbows in and make small circles with fists.) Jab with your right hand and say the letter; then punch across with your left as you make the sound.

Back on your left foot to begin. A - /a/ B - /b/...Z /z/

Speed bag and make little circles. (Up, down, left, right.)

Upper cut. (Punch down and up.) Hook. (Forearm across body.)

This time we're going to say the alphabet backwards starting with Z...

Macarena Count to 100

Handshakes

Thumb Kiss

Hand Hug

Butterfly

Farmer

Spiderman

Fisherman

Biker

Bob the Builder

Squirrel

Lumberjack

Hamburger

JUST FOR FUN!

Banana Dance

Form the banana, form, form the banana.

(Bring your right arm up as you say this.)

Form the banana, form, form the banana.

(Bring your left arm up.)

Peel the banana, peel, peel the banana.

(Bring your right arm down.)

Peel the banana, peel, peel the banana.

(Bring your left arm down.)

Go bananas, go, go bananas.

(Jump around and act crazy!)

Go bananas, go, go bananas.

My Bonnie Bounce

(Tune: My Bonnie Lies over the Ocean)

My Bonnie (Stand up.) Lies over the ocean.

My Bonnie (Sit down.) Lies over the sea.

My Bonnie (Stand up.) Lies over the ocean.

Oh, bring (Sit down.) Back (Stand up.)

My Bonnie (Sit down.) to me.

Bring (Stand up.) Back (Sit down.)

Bring (Stand up.) Back (Sit down.)

TootyTa (Echo chant)

Chorus: A tootyta, a tootyta, (Hands over head and clap.)

A tootyta ta.

Thumbs up. (Stick up thumbs.)
Elbows back... (Bend elbows back.)
Feet apart... (Extend feet.)
Knees together... (Put knees together.)
Bottoms up... (Bend over and stick up bottom.)
Tongue out... (Stick out tongue.)
Eyes shut... (Close eyes.)
Turn around... (Turn around.)

Wally Acha

Wally acha, wally wacha, (Slap thighs and then cross palms.)
Doodley do, doodley do. (Touch nose and ear with opposite hands.)
Wally acha, wally acha, (Slap thighs and then cross palms.)
Doodley do, doodley do. (Touch nose and ear with opposite hands.)
It's a simple little song there's not much to it, (Slap thighs and then cross palms.)
All you've got to do is doodley do it. (Touch nose and ear.)
Wally acha, wally acha, (Slap thighs and then cross palms.)
Doodley, doodley do. Poo poo! (Touch nose and ear.)

Pizza Hut

Pizza Hut, Pizza Hut,
Kentucky Fried Chicken and Pizza Hut. (Sing twice.)
MacDonald's, MacDonald's,
Kentucky Fried Chicken and Pizza Hut.
MacDonald's, MacDonald's,
Kentucky Fried Chicken and Pizza Hut.
Burger King and Taco Bell
Dairy Queen and Arby's
Red Lobster and Wendy's

Granny at the Fair (Echo chant.)

My granny went
To the county fair.
And she bought
A rocking chair. (Begin rocking back and forth.)
And she rocked, and she rocked, and she rocked, and she rocked.

And she bought a fan there... (Begin fanning yourself with right hand.)
And she bought some scissors there... (Cut with left hand.)
And she bought some gum... (Begin chewing.)
And she blew a bubble there...
And she blew, and she blew, and she blew, and POP! (Extend hands by mouth.)

Peanut Butter

(Tune: "Allouette")

Peanut butter, we like peanut butter. (Clap hands and march to the beat.)

Peanut butter, that's what we like best.

Do you like it on your head? (Point to head.)

Yes, we like it on our head.

On your head?

On our head.

Ohhhhhh. (Hands on cheeks and move head from side to side.)

Do you like it on your shirt... (Point to shirt.)

Do you like it on your pants... (Point to pants.)

Do you like it on your socks... (Point to socks.)

Do you like it on your shoes... (Point to shoes.)

On your underwear? (Cover your eyes.)

END WITH A SMILE AND A SONG

We Had a Good Day

We had a good day. We had a great day.

So pat yourself on the back. (Pat self on back.)

We had a good day. We had a great day.

So pat yourself on the back. (Pat self on back.)

We thought a lot today. We learned in many ways.

So kiss your brains. (Pretend to kiss brain.)

We thought a lot today. We learned in many ways.

So kiss your brains. (Pretend to kiss brain.)

It's time to say, "so long," and end with a song.

Wave good-bye to your friends. (Wave and smile.)

It's time to say, "so long," and end with a song.

Wave good-bye to your friends. (Wave and smile.)

It Is Time to Say Good-Bye

It is time to say "good-bye" to all my friends.

It is time to say "good-bye" to all my friends.

It is time to say "good-bye,"

give a smile and wink your eye.

It is time to say "good-bye" to all my friends.

Good-bye, friends. Yee haw!

Give Me a Cheer!

**Download cheer cards or watch a video at drjean.org.*

Firecracker	Ketchup Bottle
Hamburger	Hip, Hip, Hooray!
Looking Good!	Kindergarten Cheer
Trucker	Genie
Rattlesnake	Smiley
Catch a Star	Donkey
Cheese and Grater	Three Cheers
Disco Cheer	Stomp, Stomp, Clap
Ole' Ole' Ole'	High Five
WOW! COOL!	"Micro" Wave
You Rock!	Spiderman ~Batman~Star Wars
That's the Way I Like It	Seal of Approval
Cowboy Cheer	Round of Applause – Standing O
Parrot Cheer	Harry Potter Cheer
Shine Your Halo	Drum Roll - Beethoven
A-W-E-S-O-M-E	Sparkles and a Rainbow
Elvis Thank You	Clam Clap
Gold Star Class	Kiss Your Brain! Kiss Your Heart!
Fantastic	Pat Yourself on the Back
Roller Coaster	Hey! Hey! Good Job!
Brain Hug	Bubblegum
Raise the Roof	"X" Cellent
Eye Hug	Love It!
Pirate	We feel good...huh!!